



WHITEHALL SENIOR CENTER - SEPTEMBER, 2022

SUNDAY	MONDAY 10:00 AM TO 4:00 PM SENIOR CENTER OPEN	TUESDAY 10:00 AM TO 8:30 PM SENIOR CENTER OPEN	WEDNESDAY 10:00 AM TO 8:30 PM SENIOR CENTER OPEN	THURSDAY 10:00 AM TO 8:30 PM SENIOR CENTER OPEN	FRIDAY 10:00 AM TO 2:00 PM SENIOR CENTER OPEN	SATURDAY 10:00 AM TO 2:00 PM SENIOR CENTER OPEN
		 Indicates a sign up is requested		1	2	3
4	5 SENIOR CENTER CLOSED - LABOR DAY HOLIDAY	6 10:00 am Community Exercise 12:00 pm Senior Dining @ YMCA 4:00 pm Square Dancing Lessons 6:00 pm Wii Bowling w/ Anthony	7 10:00 am Chair Volleyball 3:00 pm Guys Get Together 4:00 pm BINGO	8 10:00 Community Exercise 12:00 Senior Dining @ the YMCA 1:00 pm POKENO 3:00 pm Gardening 101 4:00 pm Scott Brooks Performs	9 12:00 pm Backpacks for the Homeless preparation event. Lunch provided for participants	10 12:00 pm Chair Volleyball
11	12 NEW 12:00 am Chair Volleyball	13 10:00 am Community Exercise 12:00 pm Senior Dining @ YMCA 4:00 pm Rally for bus trip to COLUMBUS CLIPPERS (6:15 Start) No Square Dance Lessons	14 10:00 am Silver Sneakers <small>Free Demo class & Eligibility assessment</small> 10:00 am Chair Volleyball 11:00 am Medicare Checkup Day 3:00 pm Guys Get Together 3:00 pm Sing Along w/Linda LaFever 4:00 pm BINGO	15 10:00 Community Exercise 12:00 Senior Dining @ the YMCA 1:00 pm POKENO 3:00 PM Armchair Travel	16 11:30 am DELECTABLE DIALOG lunch with a twist 12:30pm Healthy Living	17 10:00 am Walk w/a Doc @ the Whitehall YMCA 11:30 am BIRTHDAY BASH @ Whitehall Historical Society NO Chair Volleyball
18	19 NEW 12:00 am Chair Volleyball	20 10:00 am Community Exercise 12:00 pm Senior Dining @ YMCA 4:00 pm Square Dancing Lessons	21 10:00 am Silver Sneakers <small>Free Demo class & Eligibility assessment</small> 10:00 am Chair Volleyball 3:00 pm Guys Get Together 4:00 pm BINGO 5:00 pm Cyber Senior Series	22 10:00 Community Exercise 12:00 Senior Dining @ the YMCA 1:00 pm POKENO 2:00 pm Art with Africa 5:30 pm - 8:30 pm - Medicare sign ups 101	23 10:00 am Fireman's Safety Winter Preparation	24 12:00 pm Chair Volleyball
25	26 NEW 12:00 am Chair Volleyball	27 10:00 am Community Exercise 12:00 pm Senior Dining @ YMCA 4:00 pm Square Dancing Lessons	28 10:00 am Silver Sneakers <small>Free Demo class & Eligibility assessment</small> 10:00 Chair Volleyball 10:00 am - 12:30 pm Foot Care Clinic (Cost is \$35.) 11:30 am FOOD FOR THOUGHT 1:15 pm Simple Fine Art Class 3:00 pm Guys Get Together 4:00 pm BINGO	29 10:00 Community Exercise 12:00 Senior Dining @ the YMCA 1:00 pm POKENO	30 2:00 pm Last Friday Fun September Cornhole	 <p>Monday and Wednesday 11:00 am Silver Sneakers offered at the YMCA 614-689-2050</p>

FRIDAYS (beginning at 8:00 am) Office Hour Appointments can be scheduled any Friday with Rainy Smith